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THE SCIENCE OF POCKET CHANGE {page 06}

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BOSTON
Monday, August 27, 2012

CLEAN SLATE

Blockbuster trade with Dodgers ranks among the most bold in sports history Is it the most brazen in Boston history? {page 14}

Mobile retail truck dabbles in brick-and-mortar store

Green Street Vault owners partner up with Annie Mulz to open Kyoto Jungle on Gloucester Street ◗ Truck still sidelined as city works out permitting process ◗ Online petition to sign

Green Street Vault, a mobile clothing store that used to tool around the Back Bay, has sold a hand-picked collection of Boston-based and national apparel brands since August 2011. But after struggling with the city over permits, and finding solace in a pop-up shop on Newbury Street, the men's apparel shop is again on the move.

The store has taken on a new name for its new store — Kyoto Jungle — which opened at 50 Gloucester St. on Friday.

Clothing company Annie Mulz joined Green Street Vault to open the store, which creators call "an experiential concept store that challenges the idea of traditional retailing with visionary creativity."

Matthew Elijah O, co-founder of Annie Mulz, said the pop-up store, which typically refers to a retail space with a temporary venue, has no end in sight.

"It is not temporary; this one is indefinite," he said. "It is something we have worked out to stay creative as it runs its course."

The momentum is already there, with 300 people turning out to the store's opening party Saturday night in an atmosphere that Elijah O. described as "alive and electric."

Permit problems

Green Street Vault ran into some trouble in the spring, when city officials told the mobile store to stop selling products because there are no permits for retail trucks in the Hub.

While Green Street Vault was stalled from selling shirts from their truck, they opened the Newbury Street pop-up, called The Green Street Jungle, in May.

COURTNEY SACCO/METRO

▶ There was no shortage of shoppers at Kyoto Jungle yesterday.

Quoted

"People can expect some of the hottest gear in the city, for sure."
DERRICK CHEUNG

"We have finger on the pulse, and want to give people what they want. We take the idea of a concept store very seriously. We are not just trying to create a place to go shopping, but we want them to discover something completely new."

According to his Kyoto Jungle partner, Green Street Vault co-owner Derrick Cheung, the new spot is original to its core.

"It's exciting to do something that we can really call our own and be really proud of," said Cheung. "We've built the store from the ground up because it was vacant for 30 years before we moved in. We had a lot of work to do to clean it up. We completely renovated it."

Their last pop-up store, at 252 Newbury Street, closed on July 31, Cheung said.

As for Kyoto Jungle, Cheung said he expects it to be successful because of its apparel and unique atmosphere.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

Sign here

If you love Green Street Vault's mobile truck, you can sign a petition at Change.org urging Mayor Thomas Menino to do the following:

- Create a special permit or license that allows clothing trucks to exist in Boston, differentiated from "Hawkers and Peddlers."
- The number of trucks that operate should be limited, as the food trucks are.
- Designate a special parking spot or area for retail trucks in the Back Bay and Downtown areas, especially Newbury and Boylston Streets and Downtown Crossing.

In the news

5

Five reports required as part of the MBTA's $49 million bailout are due on Friday, two of which deal with transferring ferry service, which many see as a way the agency can save money. According to the State House News Service, MassDOT will have to report the procedures for transferring two boats to MassPort and how the ferry operation will relate to the economic development of Boston Harbor.

Today's local tweet

"Don't be alarmed by the car explosion on Norfolk Ave. It's bound to be the most exciting part of the new Sandra Bullock film.#Boston"

@ELLIEKAY07 ON THE LOCAL FILMING OF THE SANDRA BULLOCK/MELISSA MCCARTHY COMEDY "THE HEAT"

Man charged in alleged T bus driver beating

LYNN. An Everett man was arrested Thursday night in Lynn after he alleged spit at, punched and kicked an MBTA bus driver after missing the bus.

Paul Kouroyen, 33, was charged with assault and battery with a dangerous weapon after he allegedly assaulted the driver for pulling away from a bus stop at Wonderland Station in Revere without letting him on.

Kouroyen caught a different bus to Lynn's Central Square and allegedly waited for the initial bus to arrive.

"Kouroyen entered the bus and confronted the operator in regards to not stopping for him. Subsequently, Kouroyen spit in the MBTA bus operator's face and then punched him several times about the face and also kicked him in the shin area," transit police said in a statement.

The driver was bleeding from the mouth and nose, and he was taken to the hospital.

METRO

15 arrested in sweep

BOSTON. Between Wednesday and Saturday, Boston Police arrested 15 suspects in a warrant sweep, a move police called an aggressive effort to remove violent predators from the streets.

The suspects, ranging in age from 16 to 39, are accused of a variety offenses.They include unlawful gun possession, breaking and entering, assault and drug distribution.

METRO

Ferry runs aground in Boston Harbor

BOSTON. A skipper in training navigated a ferry heading to Provincetown into a sandbar in Boston Harbor Saturday morning.

According to a report by the Boston Globe, no injuries were reported, and all 149 passengers were safely transferred to another ferry.

"At this time, it appears to us that it was a matter of operator error, clear and simple," Michael Glasfeld, a spokesman for Bay State Cruise Co., said in a statement. "Our electronic equipment is top-notch, and there is no excuse for having missed the navigational marks and being as far out of position as they were."

According to the report, another captain with six years of experience was supervising the operation, and the captain driving the ship was fired.

GLOBE

149 According to the Boston Globe, no injuries were reported, and all 149 passengers were safely transferred to another ferry.

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In the news

Casino tour preview

The newly formed agency to oversee the state's future casinos will visit the site of a proposed resort casino in Boston Wednesday.

NICOLAUS CZARNECKI /METRO

▶ Plans for a resort casino at the track are moving along.

Members of the Massachusetts Gaming Commission will tour Suffolk Downs in East Boston and Revere, officials said.

Track officials and Caesars Entertainment unveiled a $1 billion plan for the venue that includes a hotel and restaurants earlier this year and have applied to the commission for one of the licenses.

The plans came under fire last week when Mayor Thomas Menino said he didn't want it built in phases over time.

Suffolk Downs was recently hit with a $1.25 million fine by the EPA for horse manure and other pollutant runoff into a nearby creek. METRO/MN

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NICOLAUS CZARNECKI /METRO

▶ Harvard University made the "Green College Honor Roll" for its 64 LEED certified buildings.

Review ranks local colleges

From LGBT-friendly to stone-cold sober, Boston area colleges make rounds Many local schools make annual list from Princeton Review

377

The annual survey asked 122,000 students at 377 top colleges in the country to rate their schools on dozens of topics.

It's established that Boston is a college town, but with all of the institutes of higher learning in and around the Hub, where they rank in specific categories is not as well known.

That's where The Princeton Review's 2013 edition of "The Best 377 Colleges" comes in.

Metro scoured the dozens of rankings in the recently published annual survey and compiled where local schools rank in certain categories — good and bad.

While no local college made the "Party School" list, Boston College did rank No. 18 in the "Lots of Beer" ranking.

In contrast, multiple area colleges made the "Stone-Cold Sober Schools" list. The all-women's Wellesley College ranked No. 9, followed by Franklin W. Olin College of Engineering in Needham at No. 13, Simmons College at No. 15 and Becker College in Worcester at No. 18.

Five Massachusetts colleges made the list of lesbian, gay, bisexual and transgender-friendly schools. Emerson College topped the list, which also included Olin College, Wellesley College, Smith College and Brandeis University. Boston College, a Jesuit school, ranked No. 13 on the survey's list of LGBT-unfriendly schools.

The Princeton Review also published three "honor rolls." Bentley and Suffolk universities made the "Fire Safety Honor Roll" by achieving the highest fire safety rating scored by the review.

Northeastern and Harvard universities made the "Green College Honor Roll" and achieved a perfect rating in that review. The review said Harvard is "proving Green is the new Crimson" and lauded the university's 64 LEED certified buildings. Northeastern, meanwhile, composts 660 tons of dining hall service and catered food waste annually.

No local schools received a perfect rating in the "Financial Aid Honor Roll."

MICHAEL NAUGHTON
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GOP makes changes to convention as Isaac nears

Tropical Storm Isaac menaced the presidential election campaign yesterday, forcing Republicans to make changes to their convention in Tampa, Fla., where party officials scrambled to make sure candidate Mitt Romney's message to voters does not get blown off course.

The storm was now forecast to hit land midweek, possibly even blasting into New Orleans at hurricane strength on the seventh anniversary of Hurricane Katrina — which might hurt the party's effort to get out its message more than if it had hit Tampa Bay directly as originally predicted.

Expecting earlier that Tampa would be in Issac's sights, convention organizers had canceled today's opening events and tried to squeeze as many speakers and activities into three days as had been planned for four.

Republicans this week are to formally nominate Romney and vice presidential running mate Paul Ryan as their candidates to face President Obama and Vice President Joe Biden in the November 6 election.

"It's a concern ... competing with a major weather event," Republican National Committee Chairman Reince Priebus told ABC's "This Week." Still he said he expected independent voters particularly will tune in to hear Romney and Ryan speak. **REUTERS**

105

Fueled by warm Gulf waters, Isaac is expected to strengthen into a Category 2 hurricane with 105 mph winds.

TOM PENNINGTON/GETTY IMAGES

▶ Tampa area residents make preparations for the arrival of Tropical Storm Isaac by filling sandbags at a Hillsborough County Public Works Service Center.

News in brief

AFP/GETTY IMAGES

Congressman calls for state funeral for Neil Armstrong

NEW YORK. U.S. astronaut Neil Armstrong, who died on Saturday from complications from heart surgery, should be given a state funeral, a congressman said last night. State funerals, held in the nation's capital, are usually only given to former presidents.

But Republican Bill Johnson, from Armstrong's home state of Ohio, said the astronaut, who was the first man to walk on the moon, deserved the honor.

"I ask President Obama to hold a state funeral for Neil Armstrong so that every American may pay tribute to this groundbreaking hero," he said. "His first step on the moon showed the world that Americans can do anything," he said. The White House had no immediate comment. **METRO**

Britain wants to restart Assange talks with Ecuador

LONDON. Britain said yesterday it remained committed to reaching a diplomatic solution to the presence of WikiLeaks founder Julian Assange in Ecuador's London embassy, after both countries took steps to defuse a row over his action in taking refuge there.

Assange has been living in the embassy's quarters for more than two months since fleeing there to avoid extradition to Sweden, where he is wanted for questioning over rape and sexual assault allegations. **REUTERS**

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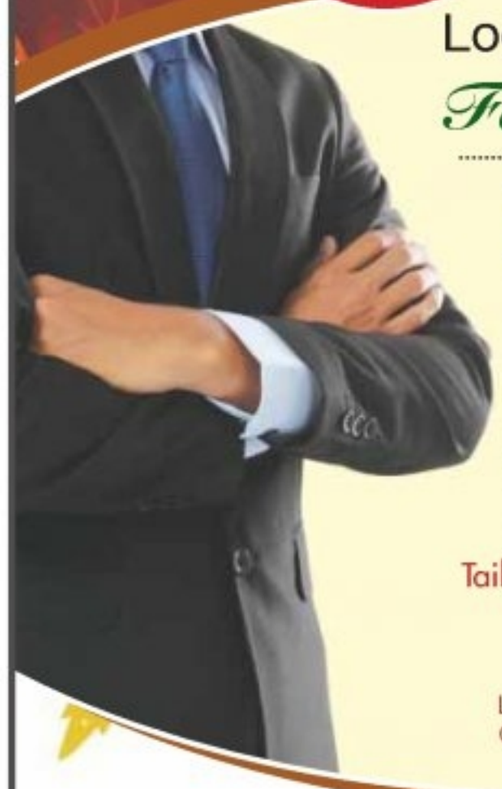

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Opinion

JUSTIN DOWD

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Log on

Justin has produced a chalkanimation video to accompany this column. View it at **www.metro.us/weirdscience**

THE TRUE STORY OF POCKET CHANGE

In order for a penny to exist, the copper must journey through the galaxy for billions of years. Pocket change is an example of a secret history hidden within an everyday object. The journey begins more than 4 billion years ago, before the sun and earth existed.

Almost all objects and materials around you once were in the massive inferno of stars. Elements like carbon and oxygen are formed when intense pressure fuses atoms together. The oxygen in your lungs right now was forged in the center of stars that exploded long before the sun existed.

All stars eventually burn out. The largest are unimaginably powerful time bombs, they explode at the end of their life, and hurdle atoms into space. A supernova can release so much energy; a single exploding star can outshine billions within a galaxy for weeks.

Some expelled atoms settle around a new star which then must explode causing a ripple in space itself, and pressures intense enough to fuse heavier elements like those found in pocket change.

The remnants of dead stars float through space, potentially for billions of years, until gravity pulls dust together, forming the solar system in which we live. Eventually, life emerged on the third planet from the sun, and evolved long enough to name itself. Humans learned to manipulate the environment, and purify elements to form objects such as pennies and gold jewelry.

Not one star, but thousands must explode over billions of years and contribute some of their material to form earth. The atoms in your body are close to each other now, but they were once spread throughout the galaxy, light years apart in the vacuum of space and within the cores of stars.

Scientist Jill Tarter once said, "We, all of us, are what happens when a primordial mixture of hydrogen and helium evolves for so long, it begins to ask where it came from." So the next time you see a copper penny, or a piece of gold jewelry, you will know of its secret history in ancient stars.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

In the news

▶ HIV home test kit

SPENCER PLATT/GETTY IMAGES

Home-testing tests could slow HIV rate

The first approved home HIV tests have keen successfully tried on a high-risk sample of participants, ahead of the devices going on sale. It is hoped their availability will provide a major breakthrough in treatment of the deadly virus.

The study was conducted by the HIV Center in New York City, using 27 sexually active, but HIV-negative, homosexual men who rarely if ever wear condoms. They were asked to have partners take the test — which gives results in 20 minutes from a saliva sample.

Over a three-month period, around 10 percent of their partners who were tested had positive results. Of these, 60 percent had been unaware of their status. Further, 24 of 27 subjects felt comfortable using the test and said they would continue checking partners. "I always ask now. That's the closest I can come to knowing, and I want as much of that feeling as I can get," one participant said. The HIV Center report, published in the AIDS and Behavior journal, concluded the test was a "very effective and cost-efficient strategy for HIV." Study author Alex Carballo-Dieguez told Metro that the subjects would normally test people by "looking at someone and saying 'he looks healthy.'" Without the ritual of visiting a clinic, "it was easier for them and promoted discussion."

The devices passed US authority standards in July with a 92-percent detection rate. It will be sold from October, which has been welcomed by campaigners. METRO

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PETA holds contest to vegan-ize dining halls

JUPITER IMAGES

▶ Vegan-only dining halls also attract omnivorous students, PETA reports.

The animal rights organization is offering $1,000 to the first students who create a new vegan dining hall

With the number of vegetarian and vegan students on the rise, PETA (People for the Ethical Treatment of Animals) is sensing a leverage point in their campaign to create more vegan-only dining on campuses across the country. Their latest initiative is a contest that will pay $1,000 to the first student group that converts a meat-serving dinning hall into a vegan-only one.

Peta2 — the student-outreach arm of the animal rights organization — is promoting the contest.

PETA firmly believes that all meat and animal product consumption constitutes cruelty to animals, even if it comes from a producer that claims to be free-range or cruelty-free.

"Many of those products are as bad if not worse than conventional meat and dairy," says Ryan Huling, the manager of college outreach for PETA. "Many of those animals are suffering, and the producers aren't allowed to give them any sort of pain relief, because that would violate the organic standards."

PETA also claims that vegan-only dining halls will provide a health benefit to nonvegetarians on campus.

"We're hearing amazing reports from these schools. The vast majority of the customers were not vegetarian students," says Huling.

"They were just seeking fresher, healthier dinning options, which also happen to be cruelty-free. It's pretty clear that these options appeal to all students."

The contest

For contest rules and details:
www.peta2.com/lifestyle
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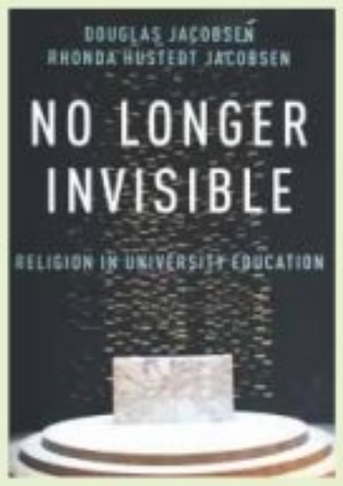
BRUCE WALSH
bruce.walsh@metro.us

Education news

Religion returns to college campuses



According to husband and wife team Rhonda and Douglas Jacobsen, authors of "No Longer Invisible: Religion In University Education," the results are clear: Religion is back on college campuses.

"Invisible" highlights trends leading away from the idea of purely secular education.

"In the '80s and '90s most of the educated elite in the U.S. felt that religion was losing significant power and influence in society and might even eventually disappear. They saw the educational task as training people for a world where religion was a nonentity," says Douglas Jacobsen. "But now we can see that religion is not disappearing. It's incredibly visible, whether people like it or not, and it has to be taken seriously."

The Jacobsens, both tenured professors at a Christian college, claim that the book has no agenda.

"We're scholars. We're trying to describe the current terrain as fairly and accurately as possible, without bias. Now, of course, nobody ever gets past who they are. People had to correct our natural Protestant tendencies over and over," says Jacobsen. "So, for us, one of the interesting things about this whole question is that it requires everybody to confront the religious or nonreligious orientations that they bring to higher education." METRO

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Mayer and Perry expire

Katy Perry has joined the surprisingly long list of hot, talented women to be dumped by **John Mayer**.

After two months, Mayer — who has also dated **Jennifer Aniston**, **Jessica Simpson** and **Taylor Swift** — called things off with the singer late last week, according to RadarOnline. Unlike the rest of us, Perry apparently thought Mayer had grown up since his days of bragging about his A-list sex life in Playboy.

"Katy fell hook, line and sinker for John, so when he broke it off she was ultimately surprised and incredibly embarrassed," a source tells the site. "She's ashamed that she got played. It was the classic ladies man move — he added another notch on his bedpost. He charmed Katy, got what he wanted and moved on."

Katy, don't be embarrassed that you got played by a sleazy guy — be embarrassed that you got played by the guy who wrote "Your Body is a Wonderland."

Perry passes on 'American Idol'

In what we're assuming is an attempt to salvage some pop culture dignity, Perry has reportedly turned down a $20 million offer to be a judge on "American Idol." That's $2 million more than the unprecedented amount that **Mariah Carey** will receive — and $20 million more than John Mayer would have asked for to have an audience again.

▶ On the bright side, Katy, your hair looks fantastic.

ALL PHOTOS GETTY IMAGES

Congrats, Snooki!

We give her a lot of trouble on this page, but we're genuinely pleased to tell you that **Nicole "Snooki" Polizzi** welcomed a baby boy, **Lorenzo**, with boyfriend **Jionni LaValle** on Sunday.

"The world just got another guido! Lorenzo Dominic LaValle has entered the world weighing 6 pounds, 5 ounces. Nicole, Jionni and Enzo are doing great!" says a rep who only Snooki would employ, in a statement.

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Ladies of the '80s who still drive us crazy

Not all that much from the '80s stands the test of time. But these ladies? Very welcome exceptions. From left to right:

1 Catherine Bach rocked the Daisy Dukes as Daisy Duke in 1980. At 58 in 2012, she's still worth saying "yee-haw" about, even if she rocks a slightly more modest hemline.

2 Robin Givens was head of the class on the show "Head of the Class" when this first photo was taken in 1988, and at 47, you could now say that she's head of the sass.

3 When this photo of **Susanna Hoffs** of the Bangles was snapped in 1988, she had many teenage boys acting out a vulgar parody of the band's hit "Walk Like an Egyptian." Now those boys are men, but Hoffs is still smoking hot at 53, as she was pictured here earlier this month.

4 Phoebe Cates emerged from the pool of '80s starlets with a flourish in "Fast Times at Ridgemont High." At 48, she's still making her peers look like gremlins.

5 EG Daily was once warned by **Pee-wee Herman** that he was a loner ... a rebel. But the Dottie of yesteryear is a firmly established hottie thereafter. Just look at that tat!

6 Cassandra Peterson, better known as **Elvira, Mistress of the Night**, is seen here in 1975.

And here, in 2012. Wait, what? WHAT?

CATHERINE BACH: FOTOS INTERNATIONAL/GETTY IMAGES; STEVE GRANITZ/WIREIMAGE. ROBIN GIVENS: ANTHONY BARBOZA/ARCHIVE PHOTOS; ILYA S. SAVENOK/FILMMAGIC. SUSANNA HOFFS: BERND MUELLER/REDFERNS; MARK SULLIVAN/WIREIMAGE. PHOEBE CATES: MICHAEL OCHS ARCHIVES; BRYAN BEDDER/WIREIMAGE. E.G. DAILY: STEPHEN SHUGERMAN/STRINGER/GETTY IMAGES; WARNER BROTHERS PICTURES. CASSANDRA PETERSON: FILM FAVORITES/IMDBPRO; ALBERT L. ORTEGA/WIREIMAGE.

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How to keep your employees — and keep them happy

GETTY IMAGES

▶ Sometimes all it takes is a simple question to find out what keeps employees happy.

Career Systems International founder, Beverly Kaye, has been specializing in corporate management techniques for almost three decades. In her latest book, "Help Them Grow or Watch Them Go: Career Conversations Employees Want," she sets out to debunk the myths surrounding career development.

Are you championing a humanistic approach to management?
I don't know what other approach there could be, when it comes to working with people. We passed through the mechanistic management era. That's not coming back. More than ever we have to treat every employee as an individual, and there are different things that motivate every individual. I'm just trying to encourage people to find out what that is.

What do managers get wrong about employee development?
They get the wrong idea about how much time it will take. They believe that if they sit down with an employee, it's going to take an hour and they're going to do whole lot of paperwork because of it. But it's not about lengthy conversations or pretty forms. It's about recognizing a moment, and asking questions. It's about being curious.

But not everybody can move up in the organization, right?
Not everybody wants that, even though management often assumes that's the case. But everybody wants to be challenged. We have to help people find what they want, and that's often not a vertical move.

BRUCE WALSH
bruce.walsh@metro.us

Help Them Grow or Watch Them Go
CAREER CONVERSATIONS EMPLOYEES WANT
Beverly Kaye & Julie Winkle Giulioni
Coauthor of the bestselling Love 'Em or Lose 'Em

How can an employee pursue development at a company where these ideals aren't being encouraged?

Have you asked for what you want? Most employees have not.

Often, we expect our managers to be mind readers. Ask yourself: What would make me happy? What do I love the most? How can I incorporate that into my current job? You've got to share that with your manager.

Temping doesn't have to be temporary

SIRI STAFFORD

▶ More and more companies are turning to temp agencies to find their next employee.

As you may have noticed, permanent, full-time positions are no longer the standard in the workplace. Temporary positions are now becoming more commonplace and more beneficial for both employee and employer. Forget the stigma of temp agencies shuffling you around, and erase that thought of instability — more and more businesses are turning to temp agencies to find their next employee.

Many companies approach temporary positions as a way to get a feel for a worker before committing to them full time. Make the right impression on them, and you can go from temporary to permanent. "The decision to hire a temp that the company has worked with is a lot easier than hiring someone off the street," says Lahle Wolfe, About.com's Guide to Women in Business.

Quoted

"The decision to hire a temp that the company has worked with is a lot easier than hiring someone off the street."
WOLFE

Don't think a temp agency is right for you? Bob Kovalsky, Senior Vice President of Adecco Staffing reminds us that they can help just about anyone, "even unique groups, like mature workers, military families and Olympic athletes."

"Agencies organize their opportunities by region and needs to help connect you with jobs that align with your skills and goals," says Kovalsky. A temporary position is about making it work for you and your specific needs. The fields are practically endless, too. "There are a variety of career opportunities with temporary agencies," says Kovalsky. "Some popular areas in need of workers include customer service, IT, industrial and manufacturing, medical, transportation and accounting."

"Some staffing firms," says Jennifer Azzolina, vice president at Kelly Services, "partner with the best talent and companies in the world, which provides opportunities and exposure to the best of the best." If you're still unsure if a temp agency is worth looking in to, just think about their connections versus your connections. They might be just the people you want to have in your corner when searching for a job. ● JULIA WEST

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Job Openings of the Week

Customer Service Representative – A growing healthcare firm in Boston is currently working with OfficeTeam to hire temporary Customer Service Representatives for their busy call center. The ability to work in a fast paced environment, handling both in-bound and out-bound phone calls, is a must. Previous experience working in a call center or an over-the-phone customer service position is preferred. $10-12/hr.

Executive Assistant – A mid-sized financial firm in downtown Boston is hiring an assistant to support their executive team. Responsibilities include heavy calendar management, booking travel arrangements, meeting coordination, report preparation, processing expense reports and much more. The ability to multi-task, meet strict deadlines, and have a high attention to detail are a must. $18-22/hr.

Administrative Assistant- A national civil engineering firm east of Boston is in need of an Administrative Assistant. Responsibilities include answering and triaging phone calls, calendar management, processing daily mail, and maintaining the office supply inventory. Additionally, the Administrative Assistant will help with travel arrangements and event planning. This is a fast-paced environment and the ability to multitask is key. $12-14/hour

Data Entry Specialist- An international non-profit is in search for a highly technical Data Entry Specialist. The Data Entry Specialist will be working with surveyors to input all field data into the internal database. The Data Entry Specialist must have excellent attention to detail, accuracy and speed. Excellent communication skills are required for this position as well as advanced proficiency in Microsoft Excel. $10-12/hour

To apply to any of these positions please forward your resume to jesse.murray@officeteam.com with subject: Metro Ad or call us at (617) 951-0036

mywellbeing

Health news in brief

Benefits to daydreaming

Taking time to escape the hectic pace of life for a daydream is a healthy habit, according to a new study. New research from the University of Southern California suggests that the brain's relaxed "default mode" can improve memory, planning and morality.

Go ahead — dream a little dream.

BRAND X PICTURES

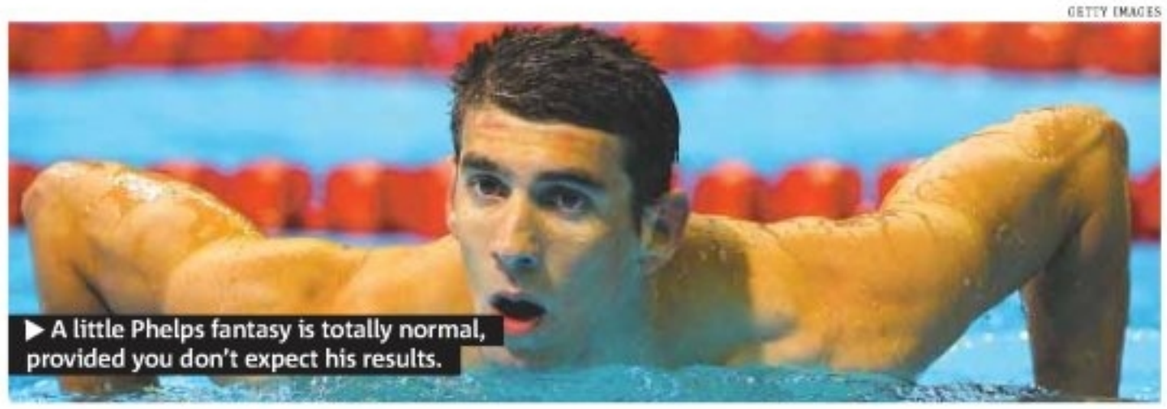
Neuroscientist and lead researcher Dr. Mary Helen Immordino-Yang has called for more focus on using the default mode in education. "Balance is needed between outward and inward attention, since time spent mind wandering, reflecting and imagining may also improve the quality of outward attention that kids can sustain," she said in a statement.

London-based teacher James Davies says his students benefit from mental breaks. "You can see results when you allow kids to take breaks from concentration, particularly with creative work and problem solving," he tells Metro.

Neuroscientist and daydream expert Dr. Jonathan Smallwood says that while daydreaming allows "flexibility to explore different environments," there are limits to its value. "It would be unhealthy to think about a potential divorce abstractly, as it should be thought about in concrete terms," he says. METRO

Are you normal?

GETTY IMAGES



▶ A little Phelps fantasy is totally normal, provided you don't expect his results.

The question

I wish I were Michael Phelps — is that normal? I am a middle-aged guy and when I am swimming laps I sometimes imagine I'm him and the fans are cheering me on. He's got it all: good looks, success and the admiration of the world.

You're totally normal. As a kid I imagined I was my favorite Red Sox baseball player, and plenty of people do it as adults, too. Fantasy offers a pleasant and exciting escape from the mundane and monotony of our predictable lives — and in your case, it can be motivating. Besides, it's never too late to develop your swimming abilities. If, however, you're comparing yourself to 27-year-old Phelps, a world-class superstar athlete, then you should stop, because you're setting yourself up for disappointment.

The question

My friend picks her face whenever she gets a pimple. She is a beautiful woman with great skin and I'm concerned her picking might scar her face. Is it normal for someone to pick every time they get a blemish? Is it a sign of some type of psychological issues?

This is all too common and happens for primarily two reasons. For one, the person might squeeze or pick the pimple because she feels it will speed up the healing process and shorten the length of time the pimple lasts. Most of the time, though, it inflicts more trauma to the skin and prolongs pimple life. People might also pick their faces when they are stressed in much the same way someone might clench their jaw or bite their nails. Something your friend should keep in mind: Short-term ugly pimples are better than long-term scarring. Talk to her, express your concerns and offer some practical suggestions: "You might be interested in trying this soap that helped me with breakouts."

No more drama

JONATHAN ALPERT

WWW.JONATHANALPERT.COM

– Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

CREATAS

Plank helps to tone the core.

Yoga pose of the week

Plank

- **Start in downward facing dog.** Inhale and draw your torso forward until the arms are perpendicular to the floor and your shoulders are directly over your wrists. Your torso should be parallel to the floor.
- **Press your outer arms inward and press the base of your index fingers into the floor.** Firm your shoulder blades against your back and then spread them away from your spine. Spread your collarbone away from the sternum.
- Press your front thighs up toward the ceiling. As you do so, resist your tailbone toward the floor and lengthen it toward the heels. Lift the base of the skull away from the back of the neck and look straight down at the floor.
- **If you want to deepen the pose, open up the space between the shoulder blades.** As you press the outer arms inward, push the inner borders of the shoulder blades into this resistance. Make sure you do not narrow across the collar bones.
- Hold the pose for up to one minute.

Benefits:

- Helps tone the abdomen.
- Strengthens the arms, wrists and spine. METRO

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Letters

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Why so mum on Gitmo fate?

Obama said during his first term in office that he would close down Gitmo for good. Was it a Freudian slip from a whistle-blower, or did he mean that he would close his mouth for good on his first term. I wonder if he will be perplexed on his second term?

CALVIN DAVIS, VIA E-MAIL

Capitalist boats tug others with them

RE: "DON'T MAKE US FALL FLAT ON ITS FACE" (METRO, AUG. 23) Capitalism is the most fair system because it does not take into account political clout. The winners are those who utilize land, labor and capital in the most efficient way to meet demand, not those who manipulate government force for their own gain. If you are looking for equal outcomes, then I'm afraid there is no system capable — but there is great truth to the adage, "A rising tide lifts all boats."

HANS HAUGEN, VIA E-MAIL

Everyone's entitled to opinions and free speech, not actions

RE: "GAYS HATE THOSE WHO OPPOSE THEIR RIGHTS!" (METRO, AUG. 23) As a gay man, I have been asked by many straight people how I feel about the words of Mr. Cathy and the anti-gay marriage movement. My answer is this: Everyone is entitled to his/her own beliefs and it would be hypocritical of me to attempt to censor or condemn someone for their beliefs. However, if at any point those beliefs become actions that impede my right to act and follow through with my own beliefs, then we have a problem — and vice versa. I don't believe in gay marriage (the word marriage has religious connotations; separation of church and state) I do however believe in civil unions, legal contracts entered into providing the same legal rights to gay couples as heterosexual couples. You don't have to believe in homosexuality, but you don't have the right to deny me and an entire population equal civil liberties. **SPENCER GOBER, VIA E-MAIL**

The problem is, it's one thing if people want to be against people being gay. That is all well and good.

The problem is trying to make laws against people being gay and preventing gays from marrying or at least being able to visit their partners in hospitals or make basic medical decisions about their partners.

Can you blame a person who is gay for feeling frustrated and angry if they are legally married in Massachusetts, but denied visitation in another state? What do you expect them to do? Just put up with this? Just tolerate having their rights limited based on a document written several thousand years ago and lost in translation?

It's like, if you are against eating pork, you don't ban bacon and ham. Complain about it all you want, but gays are tax-paying citizens — and it's just not kosher or constitutional to deny their rights. **SHONDOLYN GIBSON, ROCKLAND, MASS.**

Why on Earth should gay people tolerate anti-gay marriage people? Should Jews "tolerate" anti-Semitism?

SUZY SANDOR, VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** Insincerity will be instantly detected and result in you being labeled a shallow person. If you can't honestly find something worth praising in another, there's something wrong with you.

♎ Libra **Sept. 23-Oct. 23.** Thinking big doesn't mean a thing unless you put your words into action. The only way you can achieve noteworthy successes is to earn them through effort and application.

♏ Scorpio **Oct. 24-Nov. 22.** Instead of viewing matters realistically, you're likely to color facts to suit your expectations. Self-deception will result in huge disappointments.

♐ Sagittarius **Nov. 23-Dec. 21.** Even though it might be hard to convince you otherwise, the world doesn't owe you any free rides. You shouldn't expect anything more than what you deserve.

♑ Capricorn **Dec. 22-Jan. 19.** Be mindful of your behavior, or else it will be far too easy for you to be overly attentive to someone who doesn't deserve it while totally ignoring someone who does.

♒ Aquarius **Jan. 20-Feb. 19.** A commitment you make might be of little importance to you but quite significant to the person to whom you're making it. Be sure to honor your word.

♓ Pisces **Feb. 20-March 20.** Pretending to be something other than what you are will be detected by your friends and will make a poor impression on them. The world will love you more if you are your own sweet self.

♈ Aries **March 21-April 19.** Do not be too disappointed if someone whom you're very fond of does not live up to your expectations. Leave him or her some room to be human – no one is perfect all the time.

♉ Taurus **April 20-May 20.** Stop and think before you open your mouth, or you could experience one of those embarrassing moments when you say the wrong thing, at the wrong time, to the wrong person.

♊ Gemini **May 21-June 20.** Thinking you have to be a big spender in order to impress someone is barking up the wrong tree.

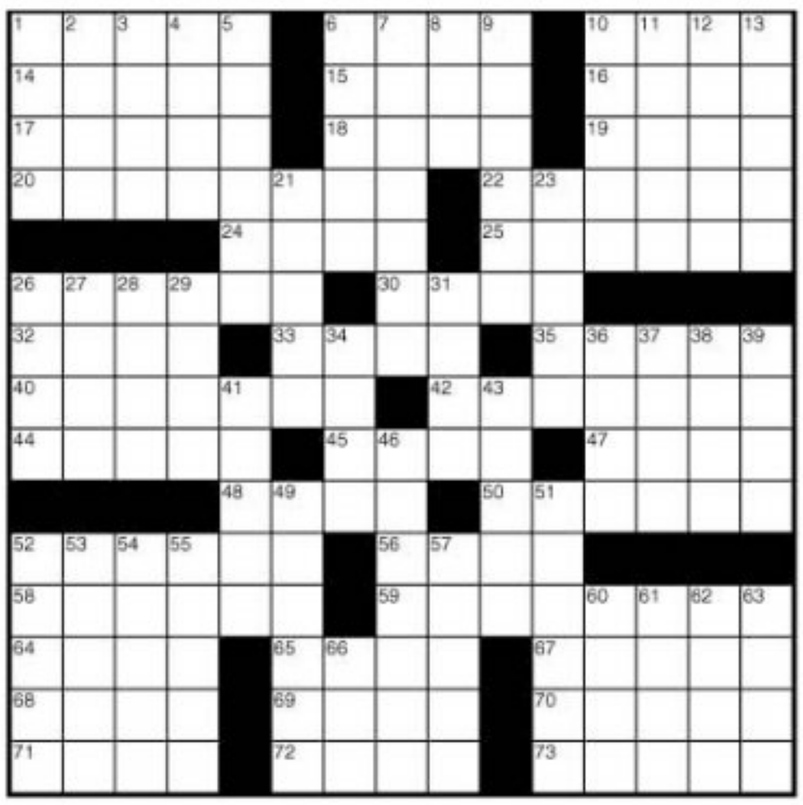
♋ Cancer **June 21-July 22.** When it comes to one-on-one relationships, treat everyone as an equal and forgo all forms of brinksmanship. If you try to put on any airs or affectations, someone will trump you.

♌ Leo **July 23-Aug. 22.** Unless you keep pace with your obligations and duties, you are likely to sweep certain obligatons under the rug. If you do, you'll pay a hefty price later on.

BERNICE BEDE OSOL

Across
1 Demolished
6 Mighty blow
10 Feedbag filler
14 Soap __
15Cable
16 Damsel rescuer
17 "The Lion King" voice Cheech __
18 Arm bone
19 Microbiology gel
20 Got
22 Long step
24 Ordered
25 Desk drawer item
26 Subsided
30 Agile
32 Meditation guide
33 Sarge's pooch
35 Prized Indiana bucket
40 Spaghetti herb
42 Heyerdahl's raft (hyph.)
44 Tumbler
45 Emu cousin
47 Tip over
48 Earnest request
50 Spills hot coffee on
52 Rock band crew member
56 Net surfer
58 Beethoven's Third
59 Rhinoplasties (2 wds.)
64 Kitten toy
65 __ __ dry eye in the house
67 Hesitate
68 Jazzy __ James
69 Wedding-cake part
70 Gala
71 Singe
72 GM brand
73 Filmdom's Caruso

Down
1 Frolic
2 On __ __ with
3 Mostel in "The Producers"
4 Burdon or Clapton
5 River in a waltz
6 Fishtailed
7 Most rugged
8 __ __ Margret
9 Ad come-on
10 Scarlett of Tara
11 Auspices
12 Gridiron deal
13 More peeved
21 Dangerous gas
23 Check for fit (2 wds.)
26 Excited
27 Knot on a tree
28 Length x width
29 Barge pushers
31 Nudge
34 Zoomed
36 Aleutian island
37 Richard who played Jaws
38 Was very thrifty
39 Swedish name
41 Meat jelly
43 Camel halts
46 Like some houses
49 Makeshift shed (hyph.)
51 Needlework craft
52 California's Point __
53 Give an address
54 Heart outlet
55 Kuwaiti cash
57 Goes sky-high
60 Web-oriented programming language
61 Baker's must
62 Mercedes- __
63 Sp. miss
66 Van Gogh medium



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SUDOKU **LEVEL: EASY**

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		5	8	7			9	4
8			3		4		2	
					5			8

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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3

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Bold, mostly beautiful

A look at the most brazen Boston sports trades of all time ◗ Saturday's Sox deal jumps immediately to top of the pack ◗ Some have worked out for the best, others not so much

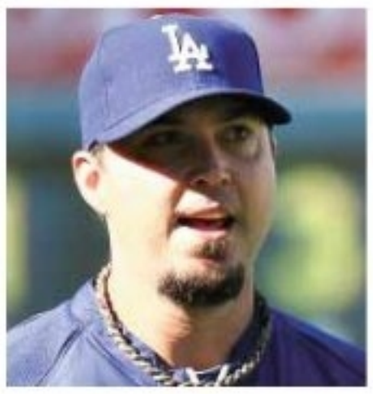
It took the biggest money swap in sports history for Boston fans to jump back on the Red Sox bandwagon.

Oddly enough, it was exactly a year ago that the Red Sox went from doing just about everything right to just about everything wrong. The September 2011 choke job, chicken and beer drama, John Henry's uncomfortable radio appearance, the Francona firing, the Bobby V. hiring and the enabling of pampered superstars for months on end made this past year great for tabloids — but lousy if you're a fan of Red Sox victories.

In one of the boldest trades in not just MLB, but sports history, Red Sox management opted to start things over with a clean slate. Already, it's regarded as the most brash move in Boston sports history. A look at some other notable moves.

MATT BURKE
matthew.burke@metro.us

1. Gonzo, Beckett, Crawford to the Dodgers



The timing of the trade (no one saw this coming after the nonwaiver deadline had passed on July 31) and the amount of money being swapped ($275 million off the Sox's books) makes this the most brazen move on our list. In one fell swoop, GM Ben Cherington went from a puppet to a ruthless baseball mind in the eyes of most.

2. Garnett traded to the Celtics

The Celtics had no buzz in town for two decades because of foolish drafting and ugly free agent signings (thanks Pitino!). When Danny Ainge got old friend Kevin McHale to bite on a Boston pu pu platter of players in exchange for Kevin Garnett, the Celtics went from the worst team in the NBA to one of the favorites to win the NBA title. Many thought trading young Al Jefferson was a huge mistake considering the Celtics were getting significantly older.

3. Nomar traded to the Cubs

GETTY IMAGES

Nomar Garciaparra was the face of the franchise for six-plus years but the Red Sox decided that his asking price was going to be too much after the season. They also thought Orlando Cabrera was better in the field than No. 5 and that Doug Mientkiewicz would bring a solid glove to first base. The Sox gambled, won, and a few months later won the World Series for the first time in 86 years. Garciaparra would never have a 100-RBI season again after he was traded away from the Red Sox. In Nomar's defense, the Red Sox still have yet to find a permanent shortstop to replace his services. It's truly become a year-to-year issue for the club.

4. Bledsoe traded to the Bills

Eleven years ago, the hottest debate in town was Brady v. Bledsoe. Even after the Patriots won the Super Bowl in February 2002, due in large part to Tom Brady's heroics in the fourth quarter against the Rams, there was a segment of the population that stood by Drew Bledsoe, the face of the franchise since 1993. New England was so bold in dealing No. 11 that it traded him to division rival Buffalo. In his first game against his former 'mates he threw for 302 yards on 28-of-45 passing but had just a 80.0 QB rating at the end of the day in a losing effort (38-7). He would never put up the kind of numbers he had with the Pats.

5. Babe Ruth sold to Yankees

Nope, this one didn't really work out. Also, it wasn't technically a trade (Ruth was sold). But make no mistake, it was bold. Ruth was a catalyst for three Red Sox World Series titles in 1915, 1916 and 1918. Owner Harry Frazee dealt the Babe to the Yankees and, in turn, shifted the landscape of baseball.

More brash dealings

The Red Sox trade for Pedro Martinez was more or less a no-brainer, ditto for the Sox nabbing Curt Schilling from the Diamondbacks in 2003. The Bruins got Phil Esposito from Chicago in 1967, traded Espo away to the Rangers in the mid-70s and traded away Joe Thornton in 2005. The Celtics traded away Chauncey Billups halfway through his rookie season (again, thanks Pitino!) and dumped Kendrick Perkins in 2011.

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ACTIVISM
Campaign Jobs!
Stand up for
reproductive health care!
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$335-535/week;
FT/career
Call Jordan at
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ACTIVELY SEEKING
FULL TIME OPENINGS
$18
AVG PAY RATE
IMMEDIATE START • No Experience needed
Full training provided • **Entry level to leadership roles**
857-400-2229

General Help Wanted

$$ CA$H FA$T $$

$500+ a day simply returning phone calls no selling IRS approved. My 1st 72 hours I received $2200. Single mom - Robin - PA
cashmoneyfreedom.com
1-888-724-9324

General Help Wanted

Want a Sustainable Career?
Crew Leads to perform and manage air sealing and insulation jobs at homes throughout E.MA.
Up to $25/hr plus.
next step living
home efficiency, made easy
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www.NextStepLivinginc.com/careers

For Sale

Miscellaneous

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Grandeur custom Design Bedding
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1 heavy metal durable futon w/o cover Paid $1259
All 3 pieces $400 or B.O.

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Top $$ Paid For Guitars

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We travel & PU
Cash on the spot!
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Cash for Records

Wanted 33Lps & 45s
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Vehicles Wanted

"Cash received at pickup".
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and Wrecks
FREE "Towing"
Running or Not Working
Call for an Estimate

ALL CARS WORTH CASH
$300 TO $5,000
617-678-6833

Top Cash paid
No Key...No Title...
No Problem
Free Towing

Vehicles Wanted

Junk Cars
Wanted
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Call for appointment

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$250 OFF Complete Strip & Roofing Job*
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Call for Details!
Not valid on prior jobs. With this coupon. Cannot be combined with other offers.

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Passion for Travel & Prior International Travel Experience Preferred.
Prior Call Center Experience Preferred.

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Call center located: GCC Corporate Headquarters • 347 Congress St. Boston, MA

Accessible by MBTA-Two blocks from South Station